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SMALLBURGH RURAL DISTRICT COUNCIL



ANNUAL REPORT

of the

Medical Officer of Health
including the report of the
Senior Public Health Inspector

for the

Year 1963

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RURAL DISTRICT COUNCIL

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MEMBERS OF THE HEALTH COMMITTEE

1963 - 1964

Chairman: Councillor S. O. Delf.

Vice-Chairman: Councillor Mrs. L. A. Nickerson.

Councillor B.W.T. Amies.

" Lt-Comdr. P. Barlow, R.N. (Ret'd)

" R.O. Brooks.

" J. Durrell.

" G.J. Harvey.

" H.S. Hicks.

" A.E. May.

" A.G. Meale.

" G.E. Milligen, M.A.

" The Hon. Mrs. S.C. Peel.

" H.G. Sands, J.P. (Vice-Chairman of the Council)

" W.T.P. Steele.

" B.E. Trett.

" B.J. Wall.

" The Hon. Pamela Walpole, O.B.E., J.P.,

(Chairman of the Council)

HEALTH DEPARTMENT.

1963

Medical Officer of Health.

G. R. HOLTBY, M.D., B.S., D.P.H., D.I.H.

Telephone: Norwich 22288.

Surveyor and Senior Public Health Inspector.

Norman F. Cripps, F.A.L.P.A., M.R.S.H., A.I. Hsg., Cert. S.I.B.

Additional Public Health Inspectors.

M. C. Duffield, Cert. S.I.B.

P.F. Brooks, Cert. S.I.B. (To 30.6.63)

L.A. Cawdron, Cert. S.I.B. (From 8.7.63)

Council Chambers,
Stalham,
Norwich.
NOR 352 .

To the Chairman and Members of the
Smallburgh R.D.C.

Ladies and Gentlemen,

I have the honour to present the Annual Report for the year 1963. The Registrar General estimates the mid-year population as 17,240 compared with 17,410 last year. There were 203 live births and 229 deaths, giving a natural decrease of 26. There was therefore a small movement of people out of the district.

Cardio vascular disease and cancer were again the principal causes of death. This year there are in the Report, tables showing for the last six years the number of deaths due to coronary artery disease, which is a form of cardio-vascular disease, and for cancer of the lung compared with other forms of cancer.

It is sometimes said that for the present generation the doctor has taken the place of the priest. I personally think that this attitude where it exists, is a very short sighted one, and many doctors would agree that to neglect the spiritual side of his nature is to treat only part of the man.

Whatever one may think about this it is an interesting reflection that the medical profession is the modern advocate of moderate, even frugal living. To some extent it has always warned against excess, but recent research work has shown how dangerous indulgence can be. As is now well known, it has set its face against excessive cigarette smoking and shown that bronchitis as well as cancer of the lung is frequently caused or aggravated by smoking. It is becoming well known that obesity is dangerous and that overweight people should diet. It would be untrue as well as unkind to suggest that all stout people are

gluttons - heredity has much to do with build, but it is true to say that the only way to reduce is to eat less, particularly of sugar.

Sugar is fast becoming incriminated as an enemy of civilization - causing excessive weight, bad teeth, and now it has been reliably suggested, coronary thrombosis. One of Britain's leading experts on nutrition said recently that in a series of cases of coronary thrombosis he had investigated, all ate more than the average amount of sugar, which he felt was much more dangerous in the diet than animal fat. The condemnation of animal fat which has been made in the past few years may have been overdone. In any case, margarine, one research worker has shown recently, is not safer than butter, because hydrogenation of the vegetable oils in margarine produces the same saturated fatty acids as occur in butter.

Too much riding in vehicles is also bad, unless regular physical exercise is taken in some other way. If it is not otherwise obtained then it is far better to walk to work than to ride there. Exercise improves the blood supply of the heart itself.

One of the dangers of the trend mentioned above, of attributing too much to the doctor, is to put more faith in the bottle of medicine he prescribes than in the advice he gives about healthy living. From there it is but another step to trust in any bottle of medicine, as patent medicine manufacturers have been quick to realise. There are many advertisements claiming wonderful results in the treatment and prevention of illness for their products, such as that for an expensive proprietary drink which, containing citric acid, carbonated water and glucose, is no better than a lump of sugar in a glass of water. What convalescents require is supplementary protein, not sugary foods however easily the latter are ingested.

Food hygiene is a nice "antiseptic" expression but too often it has little relation to everyday life in this country. Those who prepare or distribute food for others should, of

course, be particularly careful, but we are all food handlers even if it is only our own food which we handle, and we can easily infect it if we are not careful, and become victims to an annoying illness which may keep us away from work for a long period, and render us a danger to other people. If all hands were washed before meals or before handling other peoples' food, and after every visit to the lavatory, there would be very few of the present recurring outbreaks of dysentery and "salmonella" food poisoning. In the United States of America, which I visited recently, there are ample opportunities for handwashing in every public lavatory - including soap in liquid or powder form and paper towels or hot air drying machines. As far as I could make out every American washes his hands after every visit, but it has been estimated that under 50% of the British population do so.

One can understand local authorities not wishing to provide such facilities knowing that in a very short time they may well be wrecked in the present wave of vandalism. Their attitude is particularly understandable in holiday areas where the majority of users will not be local people. The fact remains however, that in America where these facilities are provided freely, there is no vandalism.

It is perhaps not widely realised that a great many of us carry in our noses germs which can cause another type of food poisoning - staphylococcal. Fingers can easily carry germs from the nose to food if they are not first washed with soap and water.

Sewage pollution of the Broads has gone on for a long time and although people bathe in the water, and sometimes even use it for cooking or washing cooking utensils, we have been spared any large outbreaks of illness which can be definitely proved to have been caused by the water. Local doctors however have told me that they have had cases of upper respiratory infection which they feel were caused by bathing in the Broads or rivers linking them, and of course there may have been cases of illness in people on holiday here but in whom the symptoms did not arise until they reached home.

Two factors have recently increased the danger to health from sewage pollution. One is the great increase in the number of hire boats on the water throughout the holiday season, and the other is the reappearance of the typhoid bacillus in epidemic form. Never completely stamped out it has not until recently caused a large outbreak in this country. Now however, with a considerable number of cases, there must be a proportion who remain carriers after recovery, and possibly a greater number who are symptomless excretors.

The more boats there are, the more people are on the water, and the greater the risk that some may be carriers of typhoid. Practically all the boats have flush toilets and all the waste goes into the water which is only partially tidal, and certainly less saline than the sea. These facts are important because it has been shown that sewage contaminated bathing beaches are not dangerous to health, although they may well be unaesthetic and very undesirable. The situation with fresh, non-tidal water, however, is very different and there have been numerous examples in recent years of people getting typhoid by dabbling about in infected streams. Another factor is that experiments have shown that it is not possible to drink more than about half an ounce of sea water, while much more non-saline water can be drunk.

With all this in mind it seemed very necessary to do something about the problem, and in October 1962 a representative committee of the Local Authorities and River Boards concerned appointed a technical sub-committee to see what could be done. Included on the technical sub-committee were the Senior Public Health Inspector, and the Surveyor of Blofield and Flegg Rural District Council, the Surveyor and Senior Public Health Inspector of Smallburgh R.D.C., and myself as Medical Officer of Health to the two authorities. Our report which was prepared after a number of meetings and visits during 1963 is still being considered by the Authorities concerned.

Death on the Broads from drowning is more than a potential danger, it is an annual tragedy, which has been commented on in previous Annual Reports. In 1963 a committee of District Medical

Officers of Health of which I was the Secretary, met representatives of the Boat Hirers and the latter agreed to prepare and distribute to all their hire fleets a poster illustrating the expired air method of artificial respiration which had been selected by the Medical Officers of Health. This was a very useful step and copies of that poster have also been exhibited in various parts of the Area. A more representative Local Water Safety Committee was formed in 1964 and its activities will be reported on in the next Annual Report.

Immunisation against disease is a function of the County Council and I carry out this work in Area No. 1 in my capacity as School Medical Officer and Assistant County Medical Officer with the part time help of Dr. Rosemarie Lincoln and Dr. J.B. Benwell. I should like to draw particular attention to vaccination against tuberculosis, or B.C.G. Vaccination. This has now been carried out in Norfolk for ten years and elsewhere for a much longer period, but we are still not getting a very satisfactory response from parents when they are offered this vaccination for children aged 13 years and over. This is unfortunate, as the vaccination is both safe and effective and is still required under present conditions. Tuberculosis has not yet been defeated, and while modern methods of treatment have rendered it a much less serious condition it can still be considered a nuisance and many thousand new cases are notified each year in England and Wales. Before vaccination is performed a test is carried out to see whether it is required and no child receives vaccination unless it is negative. Protection against tuberculosis is particularly necessary during adolescence, as this is the period when the risk of tuberculosis is greatest.

I wish to record my thanks to the Chairman and Members of the Health Committee for their kindness and support, and my appreciation of the work of the staff of the department including the clerical staff, who have carried out their duties, often onerous ones, conscientiously and with keenness.

I have the honour to remain, Ladies and Gentlemen,

Your obedient Servant

G.R. HOLTBY.

Medical Officer of Health.

September 1964.

SECTION A.

NATURAL AND SOCIAL CONDITIONS.

AREA. - (in acres) 70,017. The administrative centre of the area is at Stalham, with a surrounding district which is entirely rural in character, with Agriculture and Dairy Farming as the main industry. The district includes a large area of the Broads. 13 miles of coastline and many historical villages which attract many thousands of visitors during the holiday season.

POPULATION. The Registrar-General has estimated the population for the mid-year 1963 as 17,240 giving a population density of .246 per acre.

NUMBER OF INHABITED HOUSES. According to the Rate Book, the number of Inhabited Houses in the district is 6,520 the Rateable Value being £426,638. The sum represented by a Penny Rate is £1,760. 0. 0d.

SUMMARY OF VITAL STATISTICS.

Area in acres	70,017
Population (Registrar-General's mid-June estimate)	17,240
No. of Inhabited Houses according to Rate Book	6,520
Rateable Value	£426,638
Sum represented by a Penny Rate	£1,760
Smallburgh	England
R.D.C.	and Wales

Deaths -

Number	229
Rate per 1,000 population	11.55
	(corrected)

Live Births -

Number	203
Rate per 1,000 population	13.53
	(corrected)

Illegitimate live births per cent. of
total live births 6.9%

Summary of vital statistics. (Conts)

	Smallburgh R.D.C.	England and Wales
Stillbirths -		
Number	3	
Rate per 1,000 total live and stillbirths	14.56	17.2
Total live and stillbirths	206	
Infant deaths (deaths under 1 year)	4	
Infant Mortality Rates -		
Total infant deaths per 1,000 total live births	
Legitimate infant deaths per 1,000 legitimate live births	19.70	21.1
Illegitimate infant deaths per 1,000 illegitimate live births	21.16	
Neo-natal Mortality Rate (deaths under 4 weeks per 1,000 total live births)	9.85	14.2
Early Neo-natal Mortality Rate (deaths under 1 week per 1,000 total live births)	9.85	
Perinatal Mortality Rate (stillbirths and deaths under 1 week combined per 1,000 total live and stillbirths) ..	24.27	29.3
Maternal Mortality (including abortion)		
Number of deaths	Nil	
Rate per 1,000 total live and stillbirths	Nil	

DEATHS FROM SPECIAL DISEASES -

Measles (all ages)	-
Whooping Cough (all ages)	-
Enteritis (under 2 years of age)	-
Cancer (all ages)	39
Tuberculosis (all ages)	-

The rates given for England and Wales are all provisional.

BIRTH RATE, DEATH RATE, AND INFANT MORTALITY RATE
YEAR 1963

	England & Wales	Smallburgh RDC. (crude)
Rates per 1,000 population		
BIRTHS -		
Live	18.2	11.77
Still	17.2(a)	0.17 14.56(a)
DEATHS - All causes	12.2	13.28

DEATHS FROM CORONARY DISEASE - ANGINA.

Year	1958	1959	1960	1961	1962	1963
No. of deaths from Coronary Disease	26	17	31	39	46	29
No. of deaths. All causes	207	188	188	215	225	229
% of Total deaths due to Coronary Disease	12.6	9.0	16.5	18.0	20.4	12.7

DEATHS FROM CORONARY DISEASE DURING LAST 6 YEARS.

Year	Male		Female	
	Total Deaths	Coronary-Angina	Total Deaths	Coronary-Angina
1963	117	17	112	12
1962	113	30	112	16
1961	114	25	101	14
1960	106	26	82	5
1959	87	10	101	7
1958	115	16	92	10

(a) Per 1,000 Total (Live & Still) Births

DEATHS FROM CANCER AND TOTAL DEATHS.

Year	1958	1959	1960	1961	1962	1963
No. of deaths from Cancer	31	40	38	33	48	39
No. of deaths. All causes	207	188	188	215	225	229
% of total deaths due to Cancer	15.0	21.3	20.2	15.3	21.3	17.0

CANCER DEATHS DURING LAST 6 YEARS.

Year	Male			Female		
	Total Deaths	Lung Cancer	Other Cancers	Total Deaths	Lung Cancer	Other Cancers
1963	117	9	11	112	-	19
1962	113	9	16	112	1	22
1961	114	4	16	101	1	12
1960	106	8	16	82	-	14
1959	87	6	17	101	2	15
1958	115	2	13	92	1	15

INDIVIDUAL CAUSES OF DEATH.

					Male	Female
Tuberculosis - respiratory	-	-
Tuberculosis - other	-	-
Syphilitic disease	-	-
Diphtheria	-	-
Whooping Cough	-	-
Meningococcal infections	-	-
Acute poliomyelitis	-	-
Measles	-	-
Other infective and parasitic diseases				..	-	-
Malignant neoplasms of stomach	-	2	
Malignant neoplasm, lung, bronchus	9	-	
Malignant neoplasm of breast	-	5	
Malignant neoplasm of uterus	-	1	
Other malignant and lymphatic neoplasms				11	11	
Leukaemia, aleukaemia	-	-
Diabetes	2	-
Vascular lesions of nervous system				..	21	23
Coronary disease - angina	17	12
Hypertension with heart disease	2	1
Other heart diseases	20	22
Other circulatory diseases	10	3
Influenza	1	2
Pneumonia	3	5
Bronchitis	4	3
Other disease of respiratory system				..	1	-
Ulcer of stomach and duodenum	2	3
Gastritis, enteritis and diarrhoea	1	-
Nephritis and nephrosis	1	1
Hyperplasia of prostate	2	-
Pregnancy, childbirth and abortion	-	-
Congenital malformation	1	5
Other defined and ill-defined diseases				..	5	9
Motor vehicle accidents	2	1
All other accidents	-	3
Suicide	2	-
Homicide and operations of war	-	-
All causes	117	112

VITAL STATISTICS OF THE DISTRICT FOR 1962 AND PREVIOUS YEARS.

COMPARATIVE TABLE WITH ENGLAND AND WALES FOR PAST 10 YEARS.

Year	Live Birth Rate per 1,000 population		Death Rate per 1,000 population		Infant Mortality Rate per 1,000 Live Births	
	England & Wales	Smallburgh R.D.C. (crude)	England & Wales	Smallburgh R.D.C. (crude)	England & Wales	Smallburgh R.D.C.
1954	15.2	14.12	11.3	9.80	25.5	19.38
1955	15.0	11.98	11.7	11.04	24.9	13.8
1956	15.6	11.51	11.7	9.62	23.8	14.5
1957	16.1	12.96	11.5	9.76	23.1	34.0
1958	16.4	12.98	11.7	11.42	22.6	29.8
1959	16.5	11.54	11.6	10.33	22.0	14.29
1960	17.1	11.03	11.5	10.47	21.9	20.20
1961	17.4	12.18	12.0	12.34	21.6	23.58
1962	18.0	12.41	11.9	12.99	21.6	27.90
1963	18.2	11.77	12.2	13.28	21.1	19.70

SECTION 'B'

GENERAL PROVISIONS OF THE HEALTH SERVICES.

NATIONAL HEALTH SERVICE ACT, 1946.

Smallburgh Rural District is included with North Walsham Urban District and Blofield and Flegg Rural District to form No.1 Area of the Norfolk County Council under the National Health Service Act for the purpose of carrying out duties for which the County Health Authority has accepted responsibility. The duties include Care of Mothers and Young Children, Midwifery Service, Health Visiting Service, Home Nursing Service, Ambulance Service, Vaccination and Immunisation, Prevention of Illness, Care and After-Care, Domestic Health Service and Mental Health Service. Some of these services, along with the School Service in the area, are the responsibility of the Area Medical Officer, who also acts as Medical Officer of Health of the three County Districts, comprising Area No. 1 referred to above.

There are four Health Visitors and five District Nurses with Centres established at the following places:-

INFANT WELFARE CENTRES.

Catfield	Village Hall	3rd Thursday each month.
Hickling	Village Hall	1st Wednesday " "
Hoveton	Village Hall	3rd Wednesday " "
Stalham	Church Room	2nd Wednesday "... "
Swanton Abbot	Village Hall	3rd Tuesday " "
Worstead	Sir Harold Harms- Worth Memorial Hall	1st Friday (to 1/3/63)

VOLUNTARY WEIGHING CENTRES.

Bacton	The Hall	2nd Friday each month
Happisburgh	Church Room	2nd Wednesday each month to 13/3/63)
Scットow	R.A.F. Coltishall	1st Monday each month.

A doctor attends all Clinics where there is an attendance of 25 or over.

OTHER TREATMENT CENTRES.

Treatment Centres are established as follows:-

	<u>Hoveton S.M. School</u>	<u>Stalham S.M. School</u>
Dental Clinics	2 sessions weekly	2 sessions weekly
Speech Clinics	1 session weekly	1 session weekly

GENERAL WELFARE

A Welfare Officer with established offices at Stalham and North Walsham has maintained contact with the general public throughout the year.

Local village Old People's Welfare Committees have organised Old People's Clubs at Potter Heigham, Hickling, Bacton, Catfield, Worstead, Swanton Abbot, Stalham, Felmingham, Sea Palling, Ludham, Horning, Hoveton, Sutton, Smallburgh and Dilham. The Welfare Officer is anxious to see such Clubs established in all the villages in the area and he is only too willing to give assistance to this end.

Contact has been regularly maintained during the year with the Smallburgh Rural District Council Officers and especially with the Clerk, Public Health Inspector and Rent Collector. By working together it has often been possible to effect very satisfactory results, especially with threatened eviction cases. It has not been necessary to provide residential accommodation under Part III of the National Assistance Act for evicted families during the year.

The Home Help Service is administered from the Area Local Health Office, Aspland Road, Norwich. Applications for assistance are addressed to the Welfare Officer at his North Walsham Office. In addition to cases dealt with under this service, the Welfare Officer was able to arrange for other cases to be assisted by obtaining Domestic Assistance Allowance from the National Assistance Board.

The Welfare Officer is also the Mental Welfare Officer under the Mental Health Act and in this capacity he has made numerous domiciliary visits to mental defectives living in the community and to patients discharged from, or on leave from, mental hospitals.

AMBULANCE SERVICE.

This Service is operated by the St. John Ambulance Brigade and British Red Cross Society, as agents of the County Council.

VACCINATION AND IMMUNISATION.

This service is also the responsibility of the County Health Authority and is carried out by general practitioners and by Assistant County Medical Officers.

LABORATORY FACILITIES.

Facilities for Laboratory investigations are to be had at the Public Health Laboratory, Bowthorpe Road, Norwich, who are the suppliers of lymph for vaccination.

NATIONAL ASSISTANCE (1948) ACT, SECTION 47. (Removal to suitable premises of persons in need of care and attention).

No action was necessary during the year.

SECTION C.

SANITARY CONDITIONS OF THE DISTRICT.

(Contributed by the Senior Public Health Inspector)

INSPECTION OF THE AREA.

The visits, inspections and interviews by the Public Health Inspectors during the year numbered 5,194 and they can be classified as follows:-

<u>Nature of Visits and Inspections.</u>	<u>No.</u>
Dwellinghouses for defects.....	473
Improvement grants.....	506
Water supplies and sampling.....	264
Caravan sites.....	234
Factories and workplaces.....	49
Infectious diseases.....	33
Verminous persons and premises.....	3
Rates and mice.....	111
Slaughterhouses.....	766
Butchers shops.....	27
Fish shops.....	10
Cafes and restaurants.....	32
Licensed premises.....	58
Greengrocers.....	20
General shops.....	101
Bakeries and shops.....	4
Dairies and milk shops.....	6
Hotels and boarding houses.....	46
Farms for sanitary accommodation.....	16
Public conveniences.....	199
Refuse collection and disposal.....	401
Sewage disposal works.....	38
Drainage survey.....	252
Miscellaneous.....	533
Interviews with owners, etc.....	1,012

WATER SUPPLY.

During 1963, a further three miles of mains were laid in the district at Brumstead, Sutton and Bush Estate, Eccles and along the River Bank at Potter Heigham. These two latter extensions being particularly note-worthy bringing mains water within reach of a further 215 properties badly in need of a satisfactory supply. In the statutory area of supply controlled by the Council there were, at the end of the year, 141 miles of mains with over 4,500 hereditaments connected to the water supply. At the 31st December there were still a number of connections to be made to the new mains at Eccles and Potter Heigham.

The East Ruston and Catfield bores owned by the Council again produced water of a satisfactory quantity and quality. Neither water has any plumbo-solvent action and the latest figures for the flourine contents of the water are, Catfield - 0.15 parts per million and East Ruston - 0.50 parts per million.

No alterations have been carried out at the headworks during the past few years and the details of the plants in use are still as given in the 1957 report.

Bulk supplies were taken from the Norwich City mains for the parishes of Barton Turf, Dilham, Swanton Abbott and Worstead from the Erpingham mains for Felmingham, Skeyton and part of Swanton Abbott. Bulk supplies were given to the North Walsham Urban District Council at Felmingham and Swafield and to the Blofield and Flegg Rural District Council at Potter Heigham.

It was not necessary to restrict the supplies of water in the Council's statutory area of supply, but this may be necessary in the not too distant future, during the summer holiday period, if consumption increases much beyond the present figure.

Minor wastage of water did occur during the year at a number of sea-side holiday chalets into which vandals had broken and turned on and left the water taps running. A circular was sent to holiday chalet owners advising the turning off of their water supplies at the mains when the properties were empty, and leaflets

were also sent out to all occupiers advising them of the steps to be taken should serious frosts occur. The Department did purchase a defrosting machine, but its use was not required during the last winter period.

The following figures show the increases in consumption which have taken place since 1957:-

Consumption in Millions of Gallons.

1957	1958	1959	1960	1961	1962	1963
33.0	48.0	60.3	71.3	85.8	89.1	99.7

Both sources of supply were frequently sampled and although unsatisfactory bacteriological reports were received on three occasions due to minor trouble in domestic storage, the mains supplies were maintained in a sterile condition with only the minimum amount of chlorination taking place. 33 samples were taken from private supplies and advice was given to the owners and occupiers of 25 properties where unsatisfactory results were obtained.

Details of the samples during 1963 and the results obtained can be summarized as follows:-

Result	Chemical Examination		Bacteriological Examination	
	Private Supply	Public Supply	Private Supply	Public Supply
Satisfactory	-	9	8	149
Unsatisfactory	1	-	25	3

In addition to the above, samples were taken from new mains after thorough cleansing and chlorination. No new main was brought into use until a satisfactory bacteriological report had been received.

The Engineer and Manager of the City of Norwich Waterworks Department has given information about the properties supplied with water in the Norwich City statutory area of supply and this is included in the table which follows covering all the parishes in the Smallburgh district. It is, I think, well worth repeating that there are still a number of properties off the routes of mains which cannot take a supply and also many larger properties and some sea-side properties which have their own supplies. There are also many hereditaments in each parish which do not require a supply of water.

Parishes served	Estimated number of hereditaments	Estimated residential population	Number of properties with supply. (not metered).	Number of properties served with standpipes.	Number of metered supplies.	Number of schools supplied.
NORWICH CITY STATUTORY AREA						
ASHMANHAUGH	54	150	27	-	5	-
HORNING	349	760	212	1*	34	1
HOVETON	648	1,460	435	-	49	2
NEATISHEAD	192	470	107	-	13	1
SCOTTOW	230	1,380	166	1	9	1
SLOLEY	71	190	35	-	4	1
SMALLBURGH	143	400	82	-	14	1
TUNSTEAD	162	530	107	-	19	1

* Includes Public Drinking Fountains. Building and temporary supplies ~~are~~ excluded from the above figures.

Parishes served	Estimated number of hereditaments	Estimated resident population	Number of properties with supply. (not metered).	Number of properties served with standpipes.	Number of metered supplies.	Number of schools supplied.
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BULK SUPPLY AREAS

BARTON TURF	165	370	94	3*	21	1
DILHAM	114	290	65	-	10	1
FELMINGHAM	149	400	110	-	9	1
SKEYTON	85	230	43	-	4	1
SWANTON ABBOT	142	330	104	4	18	1
WESTWICK	48	130	12	1	2	1
WORSTEAD	300	750	206	-	28	1

CATFIELD SUPPLY AREA

CATFIELD	245	650	164	-	38	1
HICKLING	321	750	212	1	40	1
LUDHAM	375	880	231	7*	35	1
POTTER HEIGHAM	304	510	227	1	36	1
STALHAM	523	1,190	429	15*	52	2
SUTTON	174	450	126	-	16	1

Parishes served	Estimated number of hereditaments	Estimated resident population	Number of properties with supply. (not metered).	Number of properties served with standpipes.	Number of metered supplies.	Number of schools supplied.
EAST RUSTON SUPPLY AREA						
BACTON	534	810	248	-	40	3
BRUMSTEAD	29	90	6	1	8	-
EAST RUSTON	189	430	104	5	29	1
HAPPISBURGH	551	780	431	2	46	1
HONING	139	300	59	-	9	1
HORSEY	53	150	37	1*	13	-
INGHAM	136	350	100	1	32	1
KNAPTON	112	280	83	1	13	1
LESSINGHAM	297	220	155	-	18	1
PASTON	105	250	85	-	6	-
SEA PALLING	261	430	199	2*	37	1
SWAFIELD	111	260	65	1	20	-
TRUNCH	158	340	104	-	12	-
WITTON	144	320	71	2	10	-

* Includes Public Drinking Fountains. Building and temporary supplies are excluded from the above figures.

SEWERAGE AND SEWAGE DISPOSAL.

During the year under review no major works of sewerage and sewage disposal were carried out or put out to tender, but it can be said that progress is now being made in this field and before long schemes should be in hand to cover many parts of the district, in addition to Stalham, parts of Swanton Abbott, Catfield and Ludham and many Council housing estates, which are already on main drainage.

Tenders will be received during 1964, for the combined scheme with St. Faiths & Aylsham Rural District Council which will include sewerage of the parish of Hoveton in this district, and instructions have been given to Messrs. W. Herbert Bateman & Partners to prepare a scheme for Horning. The County Public Health Engineer is also working on a scheme for the extension of the Stalham works and sewerage in Sutton, Ingham and Hickling, including possible proposals for the treatment of sewage from some of the coastal parishes at a much enlarged works at Stalham.

BROADS POLLUTION.

Arising out of the concern expressed by this Council about the pollution of the rivers and broads by the discharge of sewage from river craft, particularly from stationary houseboats and following a meeting convened by the River Board, a sub-committee of technical officers of the Blofield & Flegg and Smallburgh Rural District Councils, the Norfolk County Council and the River Board was appointed and met on several occasions and produced in July, 1963 a report on the pollution of the broads by waste from river craft. This report has since been considered by the interested Bodies and Authorities, and the River Board are, at present, considering the possibility of drawing up Byelaws aimed at preventing the pollution of the rivers and broads.

COLLECTION AND DISPOSAL OF REFUSE, CESSPOOL CONTENTS AND NIGHTSOIL.

The increased popularity of the district as a holiday centre, the absence of sewerage in many parishes, the conversion of numerous properties to cesspool drainage with the aid of improvement grants following the provision of mains water and the increased bulk of refuse brought many collection and disposal problems to all these services, particularly during the summer months. Fortunately through the co-operation of the 27 loader/drivers, which figure includes three holiday reliefs, it was possible to overcome these problems by the working of a

considerable amount of overtime. The services were all kept up-to-date, although the waiting list for cesspool emptying reached a difficult level on a few occasions.

During the year an additional 1,000 gallon diesel-powered cesspool emptier was added to the fleet of vehicles and a larger capacity refuse collector replaced one of the old 10 cubic yard vehicles. Collections of refuse were made weekly from all parishes in the district with certain sections of the broads and coastal areas receiving two and even three collections a week from main collection points and a number of boatyards. The number of cesspool loads removed during 1963 was 5,847, an increase of 626 over the figure for the previous year.

The disposal of cesspool liquid contents was again not very easy due to lack of suitable disposal points and it was necessary again, at certain times of the year, to take the loads long distances for disposal purposes. The Council's refuse tips are filling very rapidly and at the end of the year negotiations were in progress for the use of part of East Ruston Common for tipping purposes. Steps were also being taken to acquire the old Surveyor's pit at Swanton Abbott as a relief tip for that area of the district.

Extra litter bins and baskets were again put down during the summer months, bringing the total to over 100 and temporary labour was engaged for several hours each week to lift and dispose of litter thrown about by the public in certain of the coastal and broads parishes. The order was given late in the year for litter bin hides at a number of refuse collection points along the rivers and broads.

The Council's vehicles travelled 156,849 miles during the year and used 14,470 gallons of petrol and diesel oil. The vehicles in use on the 31st December were as follows:-

- 1, 1,000 gallon petrol cesspool emptier with nightsoil attachment.
- 5, 1,000 gallon diesel cesspool emptiers with nightsoil attachments.

2, 16 cubic yard petrol refuse collection vehicles.

3, 12 cubic yard diesel refuse collection vehicles.

2, 10 cubic yard petrol refuse collection vehicles (one spare).

1, 10 cubic yard refuse trailer (at Potter Heigham Bridge)

1, Fordson Major diesel tractor with bucket and blade.

The following details about cesspool emptying for 1963 will be of interest:-

	No. of Cesspools Emptied	No. of Loads Removed	No. of Loads Chargeable
Private	2,240 (1,920)	3,294 (2,733)	1,242 (1,038)
Council	953 (874)	2,553 (2,488)	1,891 (1,867)
Total	3,193 (2,794)	5,847 (5,221)	3,133 (2,905)

The 1962 figures are given in brackets.

PUBLIC CONVENIENCES.

The combined takings from the conveniences at Bacton, Happisburgh, Hoveton, Sea Palling, Stalham and Walcott which were in use throughout the year amounted to £421. 7s. 4d. Trivial damage was caused at these conveniences to the towel machines, litter baskets, locks, etc. by high-spirited members of the public.

Without doubt more public conveniences are necessary in the broads area and at the end of the year a contract had been let for the provision of a new building at Potter Heigham which is to be run in conjunction with the Blofield and Flegg Rural District Council. Enquiries were also being made for sites in certain other villages.

The difficulties in some of the broadland parishes were again partly met by the brewery companies and their licensees making the conveniences available at some licensed premises, during all hours for use by the general public.

COMPLAINTS AND NUISANCES.

During 1963, 63 complaints were received about various miscellaneous matters of which 59 were found to be justified and the necessary steps were taken by way of visits, letters, etc. to obtain the abatement of the nuisances found.

PREVENTION OF DAMAGE BY PESTS ACT, 1949.

The Council actively supported the publicity campaign against rats promoted by the Norfolk Branch of the Rural District Councils Association in which the Ministry of Agriculture, Fisheries & Food, the Norfolk Branch of the National Farmers Union and practically all the Councils in Norfolk took part or gave support. Based upon a report prepared by the Association of Public Health Inspectors, the campaign cost £636. 7s. Od. and took the form of intensive publicity through the press, sound and television broadcasting, posters, local circulars and also in this area, the distribution of rat bait without charge to householders and at a reduced charge to commercial firms. The response was good and the whole district was made aware of the need for immediate and frequent action against rats.

The Council's rat catcher was again engaged in investigating complaints and carrying out routine inspections and treatments of dwellinghouses, shops, factories, agricultural holdings, refuse tips and sewage disposal plants for the clearance of infestations of rats and mice.

His activities during the year can be summarized as follows:-

Number of properties inspected	2,775
Number of properties found to be infested	868

Number of pre-baits laid	10,904
Number of poison baits laid	15,588
Total number of visits	5,839
Number of complaints	137

The income for treatment work carried out at business premises amounted to £67. 10s. 11d.

THE CONTROL OF CAMPING AND MOVEABLE DWELLINGS

It was necessary, during the year under review, to keep a close watch on the caravan sites in the district and although some problems did arise, particularly with unlicensed sites, the conditions on the licensed sites were in the main satisfactory and comparatively few major difficulties did arise. At the end of the year there were fourteen more licensed sites than in 1962 with increases in the number of all types of caravans.

The details are as follows:-

No. of Licensed Sites	No. of Caravans			No. of Visits
	Residential	Holiday	Touring	
101	55	755	111	234

There are no licensed tented camping sites in the district, but a considerable amount of camping of this sort did take place in the district mainly during August within the exemptions allowed by the Public Health Act, 1936. No serious nuisances were reported from these tented camping sites, but every year the number of tents in the district does increase, particularly during fine periods, and it does seem that if this trend continues, steps will have to be taken to provide sites with proper sanitary provisions.

COMMON LODGING HOUSES.

There are no registered common lodging houses in the rural district.

NOISE ABATEMENT ACT, 1960.

Despite a number of approaches about the noise arising from the running of some diesel generators at a government establishment a solution to the problem had not been found by the end of the year.

STORAGE OF PETROLEUM SPIRIT.

The Council received £90. 5s. Od. by way of fees for the storage of 105,572 gallons of petrol at 143 premises in the district during 1963. 132 visits were made to these premises to ensure that the installations were being maintained up to a satisfactory standard.

SECTION D.

HOUSING

(Contributed by the Senior Public Health Inspector).

HOUSING AND PUBLIC HEALTH ACTS.

The summarized details below show the work of the department in this field during 1963:-

No. of dwellings inspected under the Housing and Public Health Acts.....	106
No. of inspections made for the purpose.....	473
No. of dwellings found unfit for human habitation.....	14
No. of defective dwellings made fit by informal action..	78
No. of defective dwellings made fit by formal action....	7
No. of dwellings represented to the Council as unfit....	14
No. of dwellings in respect of which demolition orders were made.....	16
No. of dwellings demolished.....	13
No. of dwellings in respect of which closing orders were made.....	4
No. of dwellings in respect of which undertakings were accepted.....	0
No. of dwellings closed.....	6
No. of dwellings reconstructed and demolition orders revoked.....	1
No. of dwellings repaired and closing orders cancelled..	3
No. of dwellings repaired and undertakings cancelled....	3
No. of families re-housed from unfit dwellings.....	6
No. of persons re-housed from unfit dwellings.....	12
No. of certificates of disrepair issued.....	0
No. of cases of overcrowding abated.....	0

IMPROVEMENTS AND CONVERSIONS.

During 1963, 91 private house owners were given approvals for improvement grant aid and 79 private properties were improved by the aid of grant, all as summarized overleaf:-

Type of Grant	No. of Applications	No. Approved	Value of Grants Approved	No. Completed	Value of Grants Paid
Discretionary	25	21	£7,895	28	£9,741
Standard	70	70	£7,553	51	£6,338
Total	95	91	£15,448	79	£15,809

Reasonably good progress was made with the programme for the improvement of the 690 pre-war houses and bungalows owned by the Council. Details are given in the table below of the progress made in this field to date, but it will be seen that there is still a considerable way to go, with improvements of 390 of the Council houses not contemplated until sewerage is available. It would be a waste of money to put in estate sewage disposal plants in areas where mains sewerage is likely to be provided in the next few years.

No. of Council dwellings improved prior to 1963	96
No. of Council dwellings improved during 1963	49
No. of Council dwellings with improvements in progress at 31st December, 1963	24
No. of Council dwellings to be improved in the near future	131
No. of Council dwellings to be improved upon the provision of mains sewerage	390
Total No. of pre-war Council dwellings	690

COUNCIL HOUSES AND BUNGALOWS.

During 1963, a pre-war Council house was sold leaving the stock of dwellings owned by the Council at 1,372, as follows:

1919 Assisted Scheme	48
1923 Acts	6
1924 Acts	412
1931 (Rural Authorities) Act	28
Slum Clearance	57
1936 Act (Overcrowding)	34
1938 Act (Overcrowding and Slum Clearance)	3
(Accommodation of members of aggregate population)	19
Not subsidised	83
1946 Act (a) Permanent	632
(b) Aluminium bungalows	50
	<hr/>
	1,372
	<hr/>

SECTION E.

INSPECTION AND SUPERVISION OF FOOD.

(Contributed by the Senior Public Health Inspector.)

SLAUGHTERHOUSES AND MEAT INSPECTION.

The new Meat Inspection Regulations, which came into operation on the 1st October, 1963 require that meat at slaughterhouses must be inspected to a higher standard and when passed as fit for human consumption must be marked. Charges may be made for the inspection and marking and the Council decided to impose the maximum rates for each carcase of 2s.6d. for cattle, 9d. for calves and pigs and 6d. for sheep, lambs and goats.

Since decontrol in 1954, 100% inspection has been maintained of all carcases and offal passing through the slaughterhouses in the district, of which there are, at present two at Neatishead and Stalham. There was, during 1963, a reduction in the number of animals killed at these slaughterhouses but to obtain 100% inspection it was necessary to make 766 visits, many of them during the evenings and week-ends. 6 tons, 17 cwts. 45 lbs. of unfit meat and offal were found at these slaughterhouses and 1 cwt. 78 lbs. of rabbit offal was found unfit at the rabbit slaughterhouse at Trunch, where 3,380 rabbits and hares were killed up to the time of the closure of this slaughterhouse on the 9th August, 1963. This slaughterhouse is now used as a meat processing factory.

The disposal of unsound meat and offal presented no difficulty during the year and the procedure was as outlined in the 1961 report. The carcase affected with Cysticercosis was taken to a refrigeration plant outside the district for treatment.

Seven slaughtermen were licensed by the Council for the killing of various classes of animals.

The following table gives the details of the inspections taking place at the Neatishead and Stalham slaughterhouses.

CARCASSES AND OFFAL INSPECTED AND CONDEMNED IN WHOLE OR IN PART.

	Cattle (excluding Cows)	Cows	Calves	Sheep and Lambs	Pigs	Horses
Number killed (if known)	3841	20	77	4272	8295	-
Number inspected	3841	20	77	4272	8295	-
ALL DISEASES EXCEPT TUBERCULOSIS AND CYSTICERCUS.						
Whole carcasses condemned	-	1	-	-	3	-
Carcasses of which some part or organ was condemned	719	4	1	111	937	-
Percentage of number in- spected affected with						
diseases other than Tuberculosis and Cysticerci	18.72%	25.00%	1.29%	2.59%	11.33%	-
TUBERCULOSIS ONLY:						
Whole carcasses condemned	-	-	-	-	-	-
Carcasses of which some part or organ was condemned	5	-	-	-	43	-
Percentage of number in- spected affected with						
Tuberculosis	0.13%	-	-	-	0.52%	-
CYSTICERCOSIS						
Carcasses of which some part or organ was condemned	1	-	-	-	-	-
Carcasses submitted to treat- ment by refrigeration	1	-	-	-	-	-
Generalised and totally condemned	-	-	-	-	-	-

OTHER FOODS.

The amount of food, other than meat and offal at the slaughterhouses, found unfit for human consumption consisted of 52 tins of various foodstuffs and 10 lbs. beef affected with bruising.

FOOD PREMISES.

Frequent visits were made throughout the year to the food premises in use in the district. A number of improvements were carried out although conditions were generally found to be satisfactory.

The food premises in the district can be classified as follows:-

Bakeries	2	Cafes, Restaurants and Canteens	48
Butchers' Shops	13	Grocers and General Stores	116
Fish Shops	8	Licensed Premises	61

Through the vigilance of two policemen on patrol car duty, the fouling of a food vehicle was discovered and upon prosecution by the Council, the driver of the vehicle was fined a total of £10. with £10. 10s. 0d. costs for failing to keep the vehicle clean and for exposing food to the risk of contamination.

MILK AND DAIRIES REGULATIONS.

At the 31st December there were 41 persons registered for the distribution of milk in the rural district. Six special visits were made to the dairies and milk shops in the district where conditions were found to be satisfactory.

Four notifications of Brucella Abortus were sent to the department during the year by the County Council and the necessary steps were taken by way of visits and notices to secure the heat treatment of the milk affected before its use for human consumption.

ICE CREAM.

At the end of the year there were 119 premises on the register of premises selling and storing ice cream being an increase of 5 over the figure for 1962.

There is only one manufacturer of ice cream registered in the district.

32 special inspections were made of the ice cream storage premises in the district.

PRESERVED FOODS.

21 inspections were made during 1963 of the 15 premises registered for the preparation and manufacture of preserved foods.

SECTION F.

INCIDENCE OF INFECTIOUS DISEASES (EXCL.T.B.)
DURING LAST 5 YEARS.

	1959	1960	1961	1962	1963
Scarlet Fever	14	15	4	2	10
Measles	231	127	272	201	435
Whooping Cough	1	29	41	54	23
Pneumonia	21	6	18	5	12
Infective Jaundice	1	1	2	4	1
Erysipelas	3	2	2	-	3
Dysentery (Sonne)	3	2	2	1	-
Food Poisoning	-	4	3	-	-
Puerperal Pyrexia	-	1	-	-	-
Poliomyelitis (Paralytic)	-	-	-	-	-
Poliomyelitis (Non-Paralytic)	-	-	-	-	-
Paratyphoid Fever	-	-	-	-	-
Acute Encephalitis	-	-	-	-	-
Ophthalmia Neonatorium	-	-	-	-	-
Totals	274	187	344	267	484

DIPHTHERIA IMMUNISATION.

The following is the number of primary immunisations and booster doses given during the last five years in respect of Area 1.

Year	Primary Injections				Booster Injections		Totals
	Under	Age 1-10 %	Age 1-4	Age 5-14	Under	Age 5-14	
1963	170	22	434	194	37	474	1,309
1962	610	82	67	90	47	354	1,168
1961	580	77	113	309	49	1,700	2,751
1960	463	67	175	238	37	1,046	1,959
1959	358	50	64	15	20	53	510

VACCINATION AGAINST SMALLPOX.

Vaccination of children (under 5 years of age) during the last five years in Area No. 1.

	1959	1960	1961	1962	1963
No. of live births registered	713	692	748	744	763
No. of vaccinations recorded (0-4 years)	375	445	475	620	210
Percentage vaccinated	53%	64%	63%	83%	27.5%

VACCINATION AGAINST POLIOMYELITIS.

The following is the number of primary immunisations and boosters given in Area 1 since the scheme commenced. Table 'A' shows the numbers immunised with Salk vaccine (by injection) and Table 'B' those given Sabin vaccine (oral) which became generally available in 1962.

Table 'A' Salk

Year	Primary			Booster (3rd)		Booster (4th)		TOTAL
	0 - 15	15 +	Total	0 - 15	15 +	5 - 12 yrs.		
1963	3	3	6	12	17	1		30
1962	201	134	335	456	1147	13		1616
1961	1112	1570	2682	835	1130	3526		5491
1960	786	1201	1987	1400	2102	-		3502
1959	1759	2311	4070	5793	1231	-		7024
1958	6665	225	6890	1707	-	-		1707
1957	1166	-	1166	-	-	-		-
1956	167	-	167	-	-	-		-

Table 'B' Sabin

<u>Year</u>	<u>Primary</u>			<u>Booster</u> (3rd after 2 Salk)		<u>Booster (4th)</u>	
	0 - 15	15 +	Total	0 - 15	15 +	5 - 12 yrs	TOTAL
1963	76	166	869	110	52	553	715
1962	615	1249	1864	733	522	298	1553

B.C.G. VACCINATION.

This is offered to all 13-year old school children. 63% parents gave their consent, 30% refused consent and 7% did not return forms.

The findings during the year were as follows:-

Total number eligible	-	1365
number tested	-	852
number positive	-	96
Tuberculin Index	-	11.3
Number vaccinated		712.

TUBERCULOSIS

The following are the Mortality Rates:-

Pulmonary Tuberculosis	Mortality Rate	0.00	per 1,000 pop.
Non-pulmonary	"	"	"

NUMBER OF CASES OF TUBERCULOSIS ON REGISTER

AT 31st DECEMBER, 1963, AND DECEMBER, 1962.

	Pulmonary		Non-Pulmonary		Total	
	Males	Fem.	Males	Fem.	Males	Fem.
31st December, 1962	31	34	20	18	51	52
31st December, 1963	28	27	19	17	47	44

COMPARATIVE FIGURES FOR THE NOTIFICATION OF TUBERCULOSIS

PULMONARY TUBERCULOSIS

NOTIFICATIONS

Ages	1963		1962		1961	
	Males	Fem.	Males	Fem.	Males	Fem.
0- 1 year ..	-	-	-	-	-	-
1- 5 years ..	-	-	-	-	-	1
5-10 " ..	-	-	-	-	-	-
10-15 " ..	-	-	-	-	-	-
15-20 " ..	-	-	-	-	1	1
20-25 " ..	-	-	-	-	-	1
25-35 " ..	1	-	1	-	1	-
35-45 " ..	-	-	-	1	-	-
45-65 " ..	-	-	-	-	-	1
Over 65 years	-	-	-	-	-	-
Totals	1	-	1	1	2	4

NON-PULMONARY TUBERCULOSIS

NOTIFICATIONS.

Ages	1963		1962		1961	
	Males	Fem.	Males	Fem.	Males	Fem.
0- 1 year ..	-	-	-	-	-	-
1- 5 years ..	-	-	-	-	-	-
5-10 " ..	-	-	-	-	-	-
10-15 " ..	-	-	-	-	-	-
15-20 " ..	-	-	-	-	-	-
20-25 " ..	-	-	-	-	-	-
25-35 " ..	-	-	-	-	-	-
35-45 " ..	-	-	-	-	-	-
45-65 " ..	-	-	-	-	-	1
Over 65 years	-	-	-	-	-	-
Totals	-	-	-	-	-	1

INFECTIOUS DISEASES

MEASLES

435 cases of measles were notified during the year compared with 201 last year. With modern methods of treatment this disease is not so serious as it used to be, but it is still a considerable nuisance and it seems unfortunate that a satisfactory vaccine has not yet become available in this country. As I saw on a recent visit to the United States, a vaccine is in use there, but the Ministry of Health has so far refused to authorise one in this country on the grounds that there are disadvantages including undesirable side effects.

WHOOPING COUGH

23 cases were notified compared with 54 last year. The complaint is now seldom a serious one and immunisation must be responsible for this improved situation. In our Infant Welfare Clinics we commence immunisation against whooping cough, diphtheria and tetanus at about three months, giving second and third injections at four and five months respectively.

PNEUMONIA

12 cases were notified compared with five last year.

SCARLET FEVER

10 cases were notified compared with two last year. Whilst scarlet fever itself is seldom a dangerous disease in this country, the germ which causes it is the haemolytic streptococcus and cannot be ignored, as both rheumatic fever and kidney disease can result from an infection which may be associated with a rash as in scarlet fever, but may merely cause a severe sore throat.

ERYSIPELAS

3 cases were notified compared with nil last year. The germ causing the complaint is the same as that causing scarlet fever and the remarks made above apply to this condition also.

INFECTIVE JAUNDICE

1 case was notified compared with 4 last year. This is very satisfactory as the complaint can be a most debilitating one and largely because of the long incubation period of about a month, it is very difficult to trace the source of any particular case.

FACTORIES ACT, 1937 TO 1959

PART I OF THE ACT.

1. - INSPECTIONS for purposes of provisions as to health
(including inspections made by Public Health Inspectors).

Premises	Number on Register	Number of		
		Inspections	Written notices	Occupiers prosecuted
(1) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities	2	2	-	-
(2) Factories not included in (1) in which Section 7 is enforced by the Local Authority	96	45	1	-
(3) Other premises in which Section 7 is enforced by the Local Authority (excluding out-workers' premises)	6	2	-	-
TOTAL	104	49	1	-

2. - Cases in which DEFECTS were found -

Particulars	Number of cases in which defects were found				Number of cases in which prosecutions were instituted
	Found	Remedied	Referred To H.M. Inspector	By H.M. Inspector	
Want of cleanliness (S.1)	-	-	-	-	-
Overcrowding (S.2)	-	-	-	-	-
Unreasonable temperature (S.3)	-	-	-	-	-
Inadequate ventilation (S.4)	-	-	-	-	-
Ineffective drainage of floors (S.6)	-	-	-	-	-
Sanitary Conveniences (S.7)					
(a) Insufficient	-	-	-	-	-
(b) Unsuitable or defective	1	1	-	1	-
(c) Not separate for sexes	-	-	-	-	-
Other offences against the Act (not including Offences relating to Outwork)	-	-	-	-	-
TOTAL	1	1	-	1	-

During 1963 there were only three recorded Outworkers in the district engaged in the manufacture of Xmas Crackers, Sweet Boxes and Emu Wool. The conditions of the Outworkers premises were satisfactory.

Printed by East Anglian Magazine Ltd., Ipswich.

